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JUNE, 1912

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Lewiston State Normal School Bulletin

Announcement of Department of Home Economics

Published Quarterly by the Lewiston State Normal School at
Lewiston, Idaho.

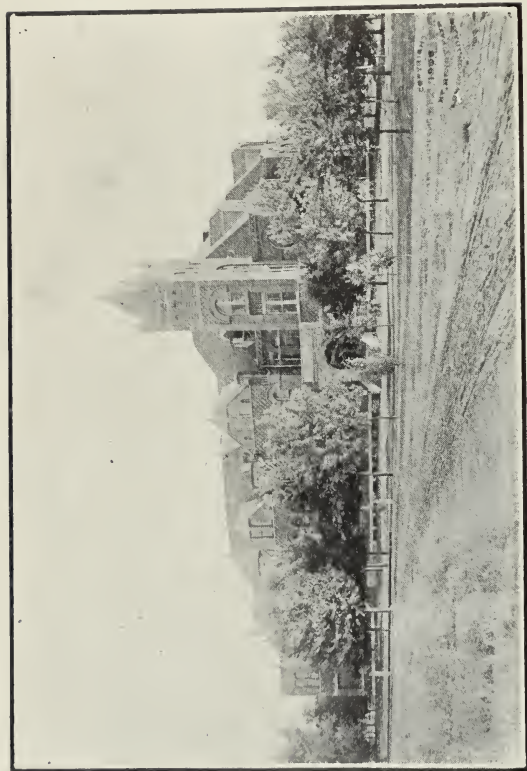
Entered as second-class matter, August 5, 1905, at the Postoffice at
Lewiston, Idaho, under Act of Congress of July 16, 1894.

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Administration Building, Lewiston State Normal School

Lewiston State Normal School Bulletin

Announcement of Department of Home Economics

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Lewiston, Idaho.

Entered as second-class matter, August 5, 1905, at the Postoffice at
Lewiston, Idaho, under Act of Congress of July 16, 1894.

DEPARTMENT OF HOME ECONOMICS

Officers of Administration

GEORGE H. BLACK
President

ALBA BALES
Director of Department of Home Economics

ANNA WEBSTER LYTLE
Dean of Women

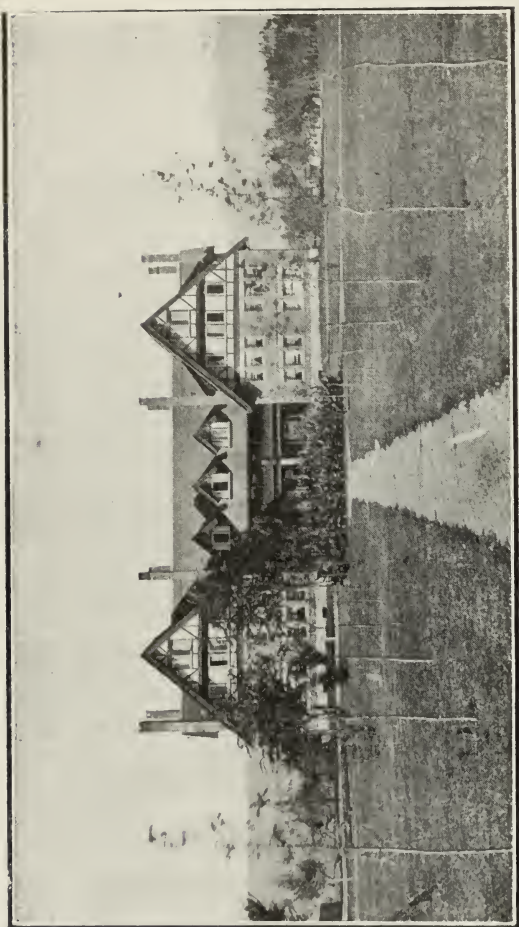
CHARLES F. CHESSMAN
Registrar

FRANK J. TIERNEY
Bursar

CALENDAR 1912-1913

Registration	Monday, September 9, 1912
Training School opens	Tuesday, September 10, 1912
Second Quarter begins	Monday, November 11, 1912
Thanksgiving Holidays	
Thursday, November 21, and Friday November 22,	1912
Christmas Holidays begin.....	Saturday, December 21, 1912
Exercises resumed	Wednesday, January 6, 1913
First Semester closes	Friday, January 24, 1913
Second Semester begins	Monday, January 27, 1913
Washington's Birthday	Friday, February 22, 1913
Fourth Quarter begins	Monday, March 31, 1913
Annual Field Day	Saturday, May 11, 1913
Training School closes	Thursday, May 29, 1913
Commencement Exercises Sunday, June 1 to Friday, June 6,	1913

(RECEIVED)
U. S. THE
BUREAU OF LANDS



Lewis Hall, Lewiston Normal School

DEPARTMENT OF HOME ECONOMICS

Faculty

GEORGE H. BLACK, *President*, Sociology and Education.

ALBA BALES, *Director of Department*, Domestic Science.

CLARENCE L. CLARKE,

Head Department of Education, Education and Psychology.

INEZ ST. JOHN,

Assistant Dept. of Home Economics, Domestic Art.

MARY W. MCGAHEY,

Head Dept. Manual Training, Manual Arts.

MAY EUGENIA WAKEMAN,

Head Dept. Applied Arts, Applied Arts.

DOROTHY BOCKER, *Head Dept. of Physical Education*,

Health Education.

CARRIE E. LAKE, *Assistant in Domestic Science*, Domestic Science.

MARGUERITE G. TYLER,

Head Dept. of Secondary Science, Food Chemistry,
Bacteriology, Household Sanitation, Physiology.

O. M. OSBORNE, *Agriculture*.

THEODORA R. BREWITT, *Librarian*.

GENERAL STATEMENT

The Department of Home Economics of the Lewiston State Normal School was established in 1910. The purpose of this department is to give the students such training in the theory and practice of Home Economics, that they may be competent to teach the subject in the elementary and secondary schools of Idaho.

Qualification for Admission

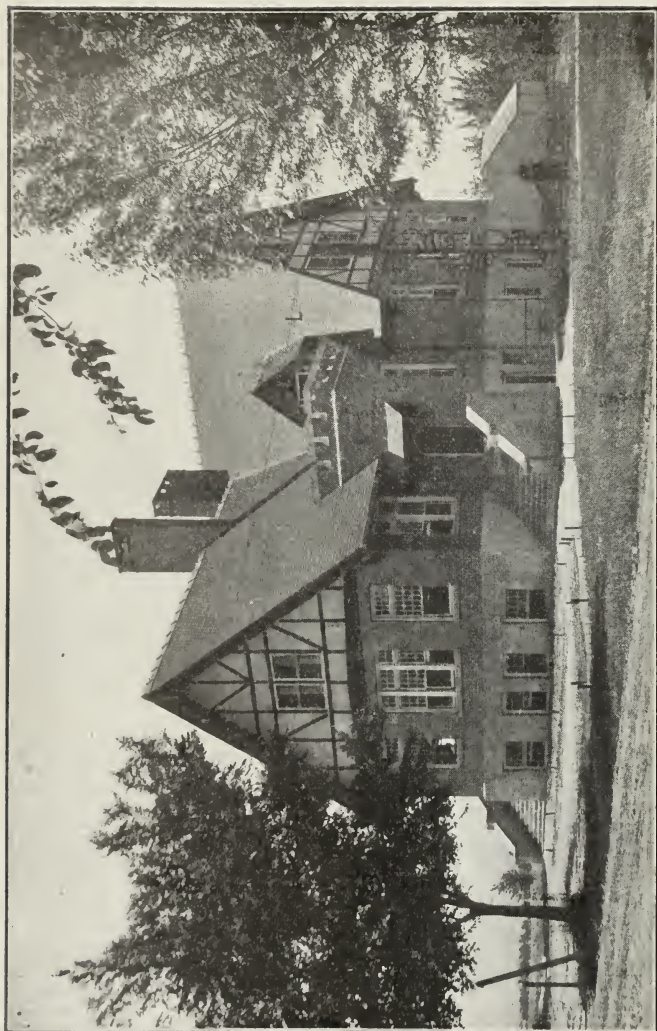
The minimum admission requirement is graduation from an approved high school. Candidates for admission must have at least 30 credits of which eight are English and one is chemistry; the remaining 21 credits may be in any of the secondary academic or High school subjects. A credit is understood as satisfactory work for one semester 18 to 20 weeks, five periods a week of a minimum length of 45 minutes. If the subject be science or manual work, this time should be double to allow for laboratory or shop work.

Facilities for Instruction

The home economics building was completed in 1910. It is so planned that a wing may be added as more room shall be needed. The lower floor of the building already constructed is occupied by laboratories with all the necessary apparatus to give thorough instruction in Food chemistry, Bacteriology, Cookery, and other subjects related to the course. The kitchen equipment is complete in all essential details and is so planned as to give the students in training a good model for domestic science furnishings in the public schools of the state.

The second floor of the building is devoted to Applied Arts and Manual Training, and is admirably arranged for that work. The third floor, containing two large dining rooms and a kitchen,

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Domestic Science Building, Lewiston Normal School

is used as a student cafe which is directed by the domestic science department. The Cafe furnishes an excellent field for the training of professional students in school lunch problems.

The library contains the best books, periodicals, and bulletins related to the science and art work of this course.

Home Economics Course

Junior Year.

FIRST QUARTER

- 8:15 Design
- 9:00 Principles of Teaching
- 10:00 Chemistry
- 11:00 Chemistry
- 1:00 Physiology
- 2:00 Domestic Art
- 3:00 Applied Art

SECOND QUARTER

- 8:15 Design
- 9:00 Principles of Teaching
- 10:00 Chemistry
- 11:00 Chemistry
- 1:00 Physiology
- 2:00 Domestic Art
- 3:00 Applied Art
- 4:00 Applied Art

THIRD QUARTER

- 8:15 Domestic Science
- 9:00 Domestic Science
- 10:00 Chemistry
- 11:00 Chemistry
- 1:00 Sociology
- 2:00 Domestic Art
- 3:00 Manual Training
- 4:00 Manual Training

FOURTH QUARTER

- 8:15 Domestic Science
- 9:00 Domestic Science
- 10:00 Chemistry
- 11:00 Chemistry
- 1:00 Sociology
- 2:00 Domestic Art
- 3:00 Manual Training
- 4:00 Manual Training

Senior Year.

FIRST QUARTER

- 8:15 Bacteriology
- 9:00 Bacteriology
- 10:00 Domestic Art
- 11:00 Domestic Art
- 1:00 Domestic Science and teaching
- 2:00 Domestic Science
- 3:00 Applied Arts
- 4:00 Applied Arts

SECOND QUARTER

- 8:15 Bacteriology
- 9:00 Bacteriology
- 10:00 Domestic Art
- 11:00 Domestic Art
- 1:00 Domestic Science and teaching
- 2:00 Domestic Science
- 3:00 Applied Arts
- 4:00 Applied Arts

THIRD QUARTER

- 8:15 Physiological Chemistry
- 9:00 Physiological Chemistry
- 10:00 Domestic Art
- 11:00 Domestic Art
- 1:00 Domestic Science and teaching
- 2:00 Domestic Science
- 3:00 Applied Arts
- 4:00 Applied Arts

FOURTH QUARTER

- 8:15 Physiological Chemistry
- 9:00 Physiological Chemistry
- 10:00 Domestic Art
- 11:00 Domestic Art
- 1:00 Domestic Science and teaching
- 2:00 Domestic Science
- 3:00 Applied Arts
- 4:00 Applied Arts

DESCRIPTION OF COURSES

Domestic Science

COURSE 1. *Food Principles*. First Semester.

One recitation and four laboratory periods a week.

This course consists of a series of lectures upon foods, their occurrence in nature, their chemical composition, the principles involved in cooking, their digestibility, economic and dietetic value, and the history of the evolution of cooking utensils and methods.

COURSE 2. *Cookery*. Second Semester.

Prerequisite, Course 1. Four laboratory periods a week.

Course one is continued, with the addition of preliminary work in serving of meals and making of menus.

COURSE 3. *Cookery*. First Semester.

Prerequisite, Courses 1 and 2. Four hours a week of laboratory work.

The subjects include canning and preserving of fruits; jelly making, and pickling; infants' diet; fancy cookery leading up to the work of serving meals.

COURSE 4. *Invalid Cookery*. Second Semester.

Four hours' laboratory work a week. Prerequisite, Courses 1, 2 and 3.

This course includes special work in food preparation for the sick and for convalescents; diet in disease. Planning and serving formal meals, student lunches, cafeteria lunches, and special problems in serving, are other features of the work.

Students are assigned work on original problems with demonstrations of results.

COURSE 5. *Household Management*. Second Semester.

One hour a week.

Required of Junior Home Economics students.

Ten weeks of Laundry work. Study of reagents used in laundry work; the principles and processes included in laundry work; sorting of clothes, removal of stains, laundering of cotton, silk, linen, woolen, laces, etc.

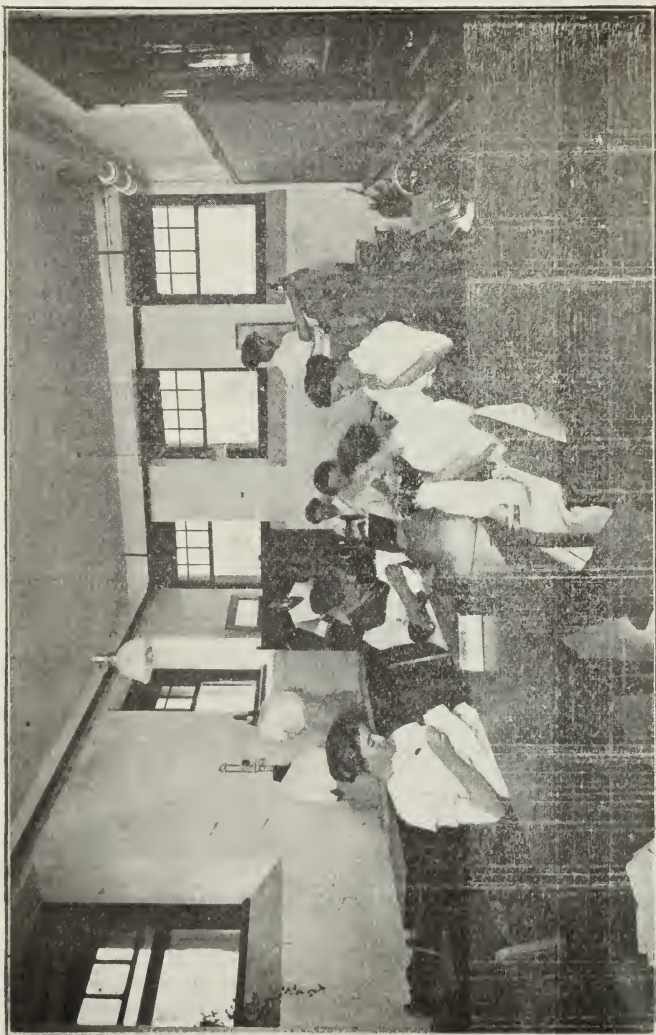
Ten weeks are devoted to the study of household management. The home is considered as to economic and sanitary values of furnishings; labor saving devices; methods of planning daily and weekly duties, and the keeping of accounts.

COURSE 6. *Teachers' Course*. First Semester.

One hour a week. Prerequisite, Junior Home Economics.

The study of value of Domestic Science and its correlation with other

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Class in Sewing, Domestic Science Building

subjects; the planning of courses for elementary and secondary schools; the preparation of lesson plans and their presentation in practice teaching—are phases of the work.

COURSE 7. *Dietetics*. Second Semester

One hour a week. Senior Home Economics students.

Subjects for study are foods and their relation to the human body; metabolism; diet standards for infants, children, people in various occupations, old age; laboratory practice in food equivalents; cost and calorific values of foods.

Physical Education

COURSE 1. *Physiology and Hygiene*.

Five hours a week. Required of Junior Home Economics Students.

This course of study is planned for the purpose of teaching the student the functions of the various organs of the human body with special reference to the physiology of nutrition and the maintenance of a healthy organism. A study is made of the uses of food materials in the body; of digestion, assimilation, and storage of energy. Other subjects considered are excretion of waste materials, a study of the influence of hygienic living upon physical well being, an application of the principles of physiology and hygiene to the physical improvement of individuals in the home, and to the health conditions of the home itself.

COURSE 2. *Emergencies and Home Nursing*

This course gives the practical treatment of simple ailments of the human body and methods of handling emergencies that may occur in the home, school, or elsewhere. Subjects studied are: the sick room; beds and bed making; hospital beds; baths and bathing; observation of temperature and respiration; administration of medicines; application of plasters, poultices, blisters; and disinfection.

Emergencies—fainting, drowning, scalds, burns, frostbites, sprains, poisons, and antidotes,—are included in this course.

Bandaging, and its various applications, is a subject of practical study. There is also the study of diseases such as tuberculosis, typhoid fever, and colds.

COURSE 3. *Physical Training*.

Opportunity is offered to students for physical training in regular classes in the gymnasium.

Domestic Art

COURSE 1. *Plain Sewing*. First Semester.

Junior Home Economics Students. Six hours a week.

Aim of Course—to teach fundamental principles involved in hand sewing; to develop skill, neatness, and accuracy in the handling of materials;

to enable students to make a set of models involving the various steps in sewing which may be used as illustrative material in teaching.

Outline of Course. Models. Plain Sewing.

- I. Stitches—Various stitches applied on articles which a child could make—such as a bag.
- II. Hems, bands, ruffles.
- III. Repair work, such as darning stockings and clothing.
- IV. Patches—on cotton and flannel; matching stripes and figures.
- V. Plackets—bound; bound and faced.
- VI. Fastenings; button holes.
- VII. Trimming.

COURSE 2. Plain Sewing. Second Semester.

Junior Home Economics Students. Six hours a week.

Aim of Course—to teach drafting by use of system; to draft patterns to measurements; to teach various ways of making and finishing plain garments; to enable the student to make a complete set of underwear; to teach the use and care of sewing machines; to show methods of presenting this subject matter to grades and high school classes.

Outline of Course. Plain Sewing. Second Semester.

- I. Corset cover; drafting of pattern; sewing by hand.
- II. Drawers; drafting of pattern, machine sewing of.
- III. Night gown, drafting of pattern; machine sewing; hanging of gown and putting in of sleeves.
- IV. Skirt, drafting of pattern; machine work; finish of all garments.

Students provide all materials. Finished work becomes the property of students at end of year.

COURSE 3. Advanced Sewing.

Senior Home Economics Students. Six hours a week.

This course includes the principles of dress making; the making and use of patterns; modeling in crinoline; designing of costumes. The development of good judgment, self reliance, and originality in dress-making, is the aim of this work.

Outline of Course in Advanced Sewing.

- I. Waist drafting and designing.
- II. Sleeve drafting.
- III. Tailored shirt waist, cutting, fitting and making.

- IV. Skirt drafting.
- V. Wool skirt, cutting, fitting and making.
- VI. Wool or silk waist.
- VII. Lingerie or graduation dress.

COURSE 4. *Dressmaking.*

Four hours a week.

This course includes advanced sewing, and work in tailoring; work with crinoline, canvass and buckram; and the making of an evening gown.

COURSE 5. *Textiles and Advanced Sewing.*

Senior Home Economics Students.

Aim of Course—This course will present the subject of textiles from the point of view of the purchaser. The following topics will be included: the manufacture of cotton, wool, silk, and linen; laboratory work with textile fabrics for identification and recognition of admixtures and adulteration.

This course teaches the nature and characteristics of textile fibres, and requires laboratory work for testing of materials.

Outline of Course in Textiles and Advanced Sewing.

- I. Development of Spinning.
- II. History and development of weaving.
- III. Classification of fibres.
- IV. Study of cotton, flax, wool, silk. History, cultivation and manufacturing processes.

COURSE 6. *Plain Sewing.*

Elective for Special students. Four hours a week.

Aim of Course—This course includes the fundamental principles of hand and machine sewing, taught in connection with the making of underwear, simple dresses, and other articles, and is preliminary to dressmaking.

Outline of Course in Plain Sewing.

- I. Stitches.
- II. Stitches applied on underwear.
Making of set of underwear.
- III. Repair work.

- IV. Use of paper patterns.
Plain shirt waist.
Tucks, trimmings, finishing, etc.
- V. Making of gingham dress.

COURSE 7. *Art Needle Work.*

Open to all students. Five hours a week.

Aim of Course—To give essentials of good design. This course gives the practical stitches used in decorating, and their application on the finished article, either clothing or house furnishings.

The course further aims to give method of presentation and to show use in public school classes.

Outline of Course in Art Needle Work.

- I. Crocheting.
Stitches—chain, slip, double and triple crochet.
Individual problem.
- II. Scallops.
Design; outling, padding, blanket, cutting out, and purling edge.
- III. French Embroidery.
Padding. Working leaves, dots, eyelets, stems and initials.
- IV. Plain hemstitching.
- V. Applique.
- VI. Cross Stitch.
- VII. Ornamental designing and darning.

COURSE 8. *Millinery.*

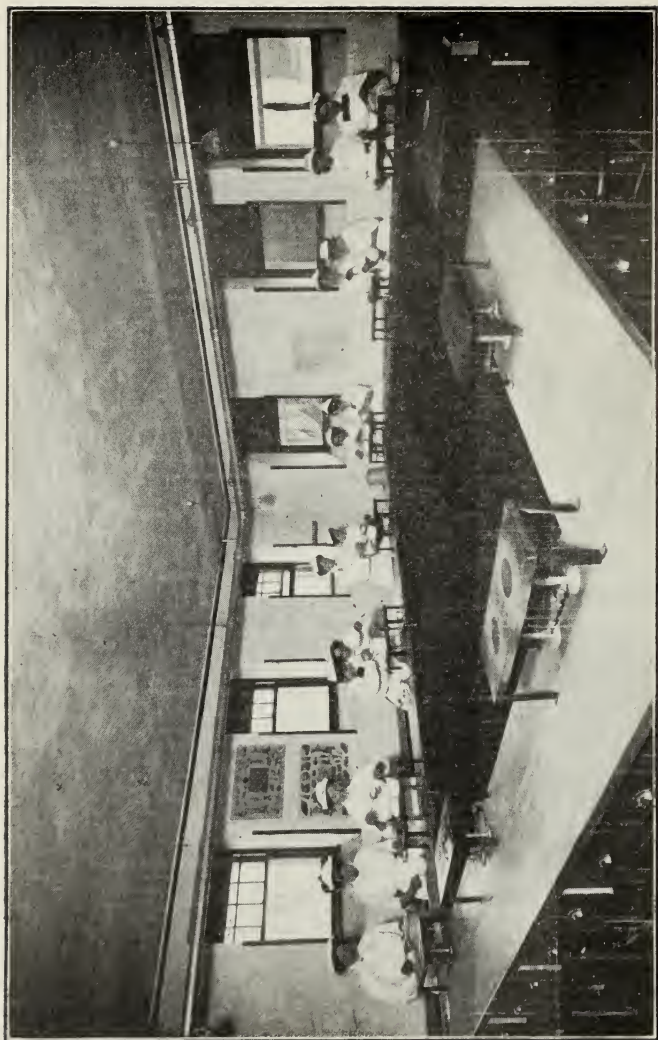
Open to all students. Fall and Spring quarters. Four hours a week.

This course prepares students for teaching millinery in elementary schools. It includes designing and drafting patterns for hats; the construction of frames of buckram, and wire; the covering and finishing with velvet, net, straw, etc.; economy and utilization of materials by renovation.

Outline of Course in Millinery

- I. Buckram frame.
Covering, trimming and lining.
- II. Millinery stitches.
- III. Plaitings.





Class in Cookery, Domestic Science Building

IV. Bow making.

V. Tinting and renovating material.

VI. Wire frame.

Bandeaus, stitches, buckles, wire, cutting, fitting, and fastening.

One complete hat is made in fall and one in spring, from foundation to finished hat.

COURSE 9. *Rural Arts*. Six hours a week. One quarter.

Aim of Course—to teach fundamental principles involved in hand sewing; to teach the making of articles involving the various steps in sewing which may be used as illustrative material in teaching; to develop skill, neatness, and accuracy in the handling of materials, to give student correct methods, and to indicate ways of presenting problems.

Outline of Course in Rural Arts.

I. Stitches—running, basting, even and uneven; overcasting, overhanding, combination, catch, and cross stitches.

Students are taught the application of the above stitches to articles adapted to ability of child in country school.

II. Plain kitchen apron.

III. Repair work on stockings, flannels, silk, gingham.

IV. Fastenings: buttonholes, hooks and eyes, loops.

V. Making of plain petticoat. Use of paper patterns, cutting, basting and fitting.

VI. Plain shirt waist. Different kinds of patterns: tucks, etc.; putting in sleeves; finish of neck.

VII. Discussions of cotton, wool, silk, flax.

Manual Training

COURSE 1. *Wood Work*. First Semester.

Five hours a week.

This course offers training in the technical processes of elementary wood working. The aim is to teach students the use of the common wood working tools, construction from working drawings, the designing of useful models, the sharpening and care of tools. The processes include those necessary for teaching wood working in the elementary schools.

COURSE 2. *Wood Work*. Second Semester.

Five hours a week.

Subjects considered are structure and growth of wood; lumbering and saw milling; wood working tools; the common joints; principles of joinery; wood finishing. The projects of simple furniture—making involved in the construction of types of tables, chairs, cabinets.

Applied Arts

COURSE 1. *Applied Arts*. Principles of Design.

Principles of Design.

Open to all students in Applied Arts, Home Economics and Manual Training.

The aim of this course is to develop appreciation and power thru a study of the principles of art structure.

Outline of Course in Applied Arts.

- I. Drawing with brush and ink, charcoal and water color.
- II. Line design and spacing dark and light, color theory and scheming. Lettering.
- III. Original designs for panels, borders, and surface patterns.
- IV. Design for book covers, weaving, basketry, pottery, and embroidery.

COURSE 2. *Applied Arts*. Advanced design. House Structure and Decoration.

Prerequisite: Course 3.

Outline of Course in Advanced Designs, Home Structure and Decoration.

- I. Application of principles of line, dark and light, and color designs in surface decoration, construction and architecture.
- II. Wood block printing and stencilling for study of composition of pattern and variation of color scheme.
- III. Design for chairs, table, cabinets, bookcase, and lockers.
- IV. House Structure. Principles of planning and of construction. Different types of dwellings; their relative advantages, disadvantages and general requirements; factors deciding location of dwellings; materials of construction and their relative equality. Students will design floor plan of a house.
- V. House Decoration. Study of the principles of house decoration and furnishing, materials, and different types of

furniture. Students will arrange a complete scheme for decorating the rooms of the house planned in this course.

Handwork

COURSE 1.

This course deals with those typical forms of applied arts which are practical in the elementary school—using simple equipment and materials that are easily procured. The projects include paper and cardboard construction, weaving, basketry, clay modeling and representative work for sand table. The application of design to projects is especially emphasized. This work forms the foundation for advanced hand work offered in the Senior year.

General Science

COURSE 1. *Inorganic Chemistry.*

Ten hours' laboratory and recitation work a week.

Junior Home Economics Students.

Such phases of general chemistry are taught as are essential to an understanding of food chemistry rather than to an understanding of general fundamentals.

COURSE 2.. *Food Chemistry and Physiological Chemistry.*

Ten hours' laboratory and recitation work a week.

Chemistry a prerequisite.

Senior Home Economics Students.

This course is essential to the understanding of food materials and the reactions which occur in their preparation for use. It gives a scientific basis for the practical work and emphasizes the essential materials by the analysis of a complete food.

COURSE 3. *Microbiology.*

Ten hours' laboratory work a week.

(1) Prerequisite to all other courses.

1st. quarter.

Disease and the methods of studying and controlling it.

(2) Bacteria of Food and Food products.

(3) Bacteria of Soil Fertility.

(4) Household sanitation.

COURSE 4. *Plant Disease.*

Five hours per week.

This course is a study of the causes of disease among cultivated plants with special reference to orchard crops.

Professional Subjects

All courses in Sociology, Psychology, Theory of Education History of Education offered to all professional students in Junior and Senior years are open to students in the Department of Home Economics. In addition to these courses special courses in the Theory and Practice of Teaching Home Economics are open to both Junior and Senior students registered in the Department of Home Economics.

Fees

A domestic science fee of \$3.00 per semester is charged to cover cost of materials used in work in cooking, and a fee of \$2.00 per semester is charged for the courses in food chemistry. The materials used in the sewing classes are furnished by the students and articles are returned to the owner at the close of the course unless purchased at cost by the department for display purposes.

Lewis Hall

Lewis Hall, the dormitory for young women, is open to those who enroll in the Home Economics Department. For complete information relative to Lewis Hall, send to the registrar for Bulletin of General Information, Volume 5, Number 2.

Special Information

All requests for special information concerning the work of Home Economics Department should be addressed to—

ALBA BALES,
Director Department of Home Economics,
Lewiston Normal, Lewiston, Idaho.

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